Sloppy Joes

I don't remember learning to make this comfort food. Even without bread, this is a good dish with a few delicious side vegetables. Store bought gluten free bread is also perfect with this dish. This is a "to taste and texture" dish. You might not want to make it if you're sick because it may end up too spicy for anyone else to eat. This is the perfect food for sore mouth, or missing teeth days. Several different types of barbecue sauce can be used, such as honey, brown sugar, hickory, smoke, and spicy. Never the same twice.

Pre Cook Preparation:

Marinate: While cooking

A. Timer set to thaw meat for about 2 hours

B. Timer set for preparation time set for 10 minutes before you plan to begin cooking

C. Stay with meal to stir

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Contrasting wooden spoons

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, food dyes)

Beef

Brown Sugar (diabetics)

Ketchup

Mushrooms

Pepper

Potatoes

Spices

Turkey

Meatless Preparation Avoid:

Beef

Turkey

Substitute with: _____

Utensils:
- Can opener
- Wooden spoon
- Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
- Beef burger, or
- Turkey burger

Vegetables:
- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of potatoes (instant or mashed)
- Optional:
  - 1/4 cup of onions

Other ingredients:
- 1/2 bottle of barbecue sauce (varies based on taste)
- 2 cups of brown sugar (varies based on taste)
- 1/2 bottle of ketchup (varies based on taste)
- Dash of salt
- Spices such as pepper to taste
- 1 cup water

Preparation time: 10 minutes

Preparation:

Vegetables:
1. Open vegetables:
   - 15 ounces of carrots
   - 15 ounces of peas
2. Place each in sauce pans and cook on medium heat.
3. Heat a sauce pan with 2 cups of water to prepare 15 ounces of potatoes (instant or mashed).

Meat:

1. **Brown the 2 pounds of burger on medium heat.**
2. **Drain, if needed.**
3. **Add 1/2 cup of water.**
4. **Turn temp 1/4 turn lower.**
5. **Add:**
   - **1/2 cup of barbecue sauce**
   - **1/2 cup of brown sugar**
   - **1/2 cup of ketchup**
   - **Dash of salt,**
   - **Spices such as pepper, to taste**
     - **Optional:**
       - **1/4 cup of onions**
6. **Stir, test by taste.**
7. **Add more ketchup or barbecue sauce as needed.**
8. **Keep at a low simmer until most of the juice boils off.**

Cook Temperature: Medium to low heat

Cook Time: 25 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.